

4 KID-APPROVED

Party Games

FOR GYMNASTICS GYMS



The Floor is Lava

Need: Mats, beams, rubber flat disc markers, etc.

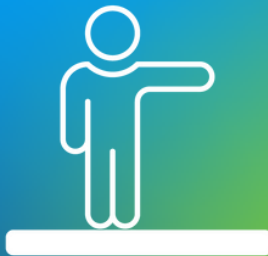
Life Hack: Great game to play if the gym is a mess before picking up and putting away the assorted mats!

Kids climb from point A to point B without touching the floor and only using the mats, beams, etc. Make it harder by saying only one person can be on an object at a time, remove objects as they go, or move them around to create difficulties. This is a great for any type of party: regular, ninja parties, parkour, etc.

Balance Bean Bag Toss

Need: Beams (Beam choice dependent on skillset of attendees), beanbags (or other small items), a bucket or bin.

One at a time, have a child stand in the middle of a balance beam and toss the item into the bucket. Points are made if they stay on the beam and make the toss. You can make it harder by requesting they walk, turn around, or jump before making their toss.



Best Jump

Foam pit free time is always a hit but here is an organized game if you need one!

One at a time, partygoers take turns running and jumping into the pit and giving their best pose in the air as they jump. "Superman! A bird! Someone who is sleeping!"

Tell them to announce it, run, and then execute. This is a fun opportunity to get creative and silly. This is also a great time to take some fun, mid-air party pictures!



How Does This Move?

Need: Open floor space

Life Hack: Great warm up to get kids to loosen up and start to get silly

Have attendees line up on one side of the open space. Ask them, "How does a giraffe run?" Have them go from one side of the floor space to the other imitating how a giraffe might run. Continue with other ideas. "How does a crab crawl? How does a hippo walk? How does a leaf blow in the wind?" The combos are endless!

Let the birthday child pick a few to feel special.

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Party Games

FOR CHEER GYMS



Make Your Own Pom Poms Craft

Needs: Paper strips and tape or glue

Make your own pom poms before starting the party - head to the floor and put them to use. This is a lot of fun because kids can take them home!



Follow That Cheer

To play this game, have the players sit in a line on the floor. The first player in line gets up in front of the group and makes up a single line chant while performing a cheerleading move. The second player in line then gets up and repeats the cheer and move that the first player made up, and then adds a cheer line and move of their own.

The third player gets up and repeats the first two actions, adds their own and the game continues until all of the players have contributed a line and a move to the routine. In the end, all players start from the first move and participate in a step-by-step performance of this new routine.



Cheer Obstacle Course

Need: Open floor space

Set up an obstacle course and designate each section of the course as the place to perform a specific cheerleading motion.

For instance, in the first leg of the course, you could have players high-kick their way through, in the second leg they might perform a cartwheel, and in the third, they could run backward while chanting. Divide the guests into two teams and time how long it takes each team to complete the course. The team with the fastest time wins.



Create a Cheer

Need: Pre-work, cute template, a moment to connect with party parents

When touching base with the parent(s) before the party, have a few questions about the child.

Favorite color? Animal? Etc. Have a cheer written for the party that everyone can learn together with a few simple moves and have it all about the birthday child. Have it printed and laminated so they can take it home with them when they go. They will feel special!

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Party Games

FOR MUSIC SCHOOLS



Musical Statues

Need: Space in the room, music

Get them dancing, pause and they must freeze in place. Play until one is the winner.



Try an instrument

Needs: Various instrument choices

Give children the chance to try different instruments out. This may help them realize they love an instrument and they might be back as one of your new students!



Musical Masterpiece

Need: Paper, drawing utensils

This game lets the kids practice music and drawing skills at the same time!

You play music and the kids draw whatever they want on the paper, once you press pause, the kids need to move on to the next paper (they leave their own paper where they were seated). The game then continues until they end up at their own paper again, to discover the final product.

Musical Hot Potato

Need: Any one item that can be passed around

Let the kids sit in a circle, and begin playing a song while the kids pass an object along to the beat- the object can be a ball, egg, shaker or any other prop. You can pause the music at any time and the child holding the object would need to answer a question about themselves. The questions could be about their favorite food, color, animal, game and so on. Keep the game going so that all the kids can get the chance to share.

Life hack: Great to do as an intro for kids to get to know each other and get situated at the party.



3 KID-APPROVED

Party Games

FOR DANCE STUDIOS



Freeze Dance

Need: Music, a dance room

Play a fun, upbeat song and the kids have to dance until you randomly turn the music off. The last one to freeze is out. Repeat until there is a winner.

Butterflies (Another Version of Freeze Dance & Perfect for Younger Kids)

Need: Music, dance room, scarves

Tie a scarf so the kids can slip it over their head and have it behind them like a cape. These are their butterfly wings. While you play music, kids have to 'fly' around the room on their tippy toes until the music stops. When the music stops, they get down on the floor into their 'cocoon'. Repeat until they are tired!



Animal Action

Need: Animal action song and a dance room

The animal action song calls out different animals throughout the song. The kids have to then dance/move around like that animal. You can make it a contest and pick the best 'animal' at the end!